

NEWS RELEASE



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FOR IMMEDIATE RELEASE:

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VA Program Offers Help for Family, Friends of Veterans with Mental Illness

Experts, Peers Offer Emotional Support, Encouragement, Education

OMAHA, Neb. — A program that provides education and emotional support for family members and friends of Veterans who have mental health illness will be held March 16 from 6:30 to 8 p.m. at the Department of Veterans Affairs Nebraska-Western Iowa Health Care System in Omaha, Grand Island and Lincoln.

The Support And Family Education (S.A.F.E.) program is a free 90-minute confidential workshop for families and friends of Veterans. It is held the third Tuesday of each month.

The March 16 topic is *boundary setting*.

The program is held in the following locations:

- Omaha Division, 4101 Woolworth Ave, Education Conference Room, first floor
- Lincoln Division, 600 S. 70th Street, Prairie Room, second floor
- Grand Island Division, 2201 Broadwell Ave, Room S-502 on the fifth floor

Family and friends are often the first to notice emotional changes in Veterans later diagnosed with mental illnesses. The S.A.F.E. program features the following opportunities for them:

- Talk to family members of Veterans who are experiencing similar situations
- Learn about mental illness causes, treatments and medications
- Receive emotional support and encouragement
- Learn about treatment options for Veterans at the VA health care system
- Learn how family or friend caregivers can take care of their own well-being

Although reservations are not required to attend, people with questions can contact a S.A.F.E. program coordinator at (402) 489-3802, extension 96610-Lincoln; or (800) 451-5796, extension 94944 or 94396-Omaha.

The VA Nebraska-Western Iowa Health Care System proudly serves more than 167,660 veterans in Nebraska, western Iowa and portions of Kansas and Missouri. Omaha's medical center is an inpatient facility and also a large outpatient clinic for primary and specialty care. The Community Living Center is in Grand Island. There are community-based outpatient clinics in Lincoln, Grand Island, North Platte,

Holdrege, Norfolk, Bellevue and Shenandoah, Iowa. For more information, visit <http://www.nebraska.va.gov>.

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